



ALL THE NEWS THAT'S FUN TO PRINT!

THE JAGUAR TIMES



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REAL RAP WITH GLEN CASEY: "TO MUCH SCREEN TIME?"

22 January 2011 by Glen Casey (Oasis)

Hey parents, are you worried about your kid's social lives because they are spending too much time in front of screens? According to the December issue of Philadelphia Magazine, teens are spending 8.5 hours per day staring at screens. Spending that much time in front of screens is not healthy. It can have a major impact on your social life, cause a drastic change on your physical well being, and can change your psychological state. According to a popular website for parents called *Parent Talk*, 55 percent of the teen population of the world is addicted to being in front of a screen.

Teens today spend a lot of time in front of screens, and as a result they start to lose social skills. Teens are so busy at home on their cell phones, iPod's, and computers, they start to forget about involvement in other social activities. For example, they could be hanging out at the mall with their friends. This may seem as an insignificant activity, but it helps a lot. Say a child gets into a conflict with someone, they will know how to resolve the problem rather than not knowing. Staying in front of those screens like they do, doesn't help resolve the situation. Also kids who spend a lot of times in front of screens can develop a speech problem. For example, if you are spending too much time texting, or listening to your iPod then you don't speak as often and could develop a stutter problem.

Next, teens spending a lot of time in front of screens can have a major impact on their physical wellbeing. Kids can become obese when they are sitting in front of screens. There are many advertisements for junk food products, such as candy bars chip's, soda, etc. When teens see these advertisements they go out and buy the product, than go back in front of the screen to eat them. When teens over eat and drink like that with out moving, weight is being gained because there are no physical activities involved in their lives. That kind of lifestyle always leads to obesity.



Finally, teens that spend the majority of their time in front of screens tend to have psychological issues. These days, a lot of teens are a lot more aggressive than usual. Today hip-hop is all about drugs, money, robbery, and things of that nature, and teens tend to act that way. Television has a big impact on teen's lives. Inappropriate activities and behaviors that are viewed on television can be interpreted as "Cool" and mimicked. What they see can lead them down the wrong path. Also when teens spend a lot of time in front of screens their attention span drops, sometimes drastically, sometime a little. Because television is so exciting, young people have become accustomed to being entertained. So when someone is talking to them, or needs their attention, the teen gets easily distracted. That's how kids spending a lot of time in front of screens can affect their psychological state.

In conclusion, kids should rethink the amount of time they spend in front of screens. It is not healthy at all to spend 8.5 hours a day in front of a screen. Kids should go out and get involved in sports, jobs, or any activity. If you are active then there should be no worries of any of these things happening. But remember that when you spend 8.5 hours a day in front of screens all of those things that were mentioned can happen.

School Paper Policies for Submission:

All material is to be submitted to the publisher no later than 24 hours before printing. We accept submissions for content from any-one on in school, preferably students. Submissions are accepted on a first come-first served basis and there is no guarantee of publication. All submissions become the sole property of the editorial staff.



All submissions can be made to ucityjagtimes@gmail.com

SCHOOL NURSE'S CORNER**COLD WEATHER PLAYTIME IN THE SNOW CAN BE DANGEROUS!!**

If you recognize these signs of hypothermia or frostbite, get inside and seek medical care immediately:

Warning signs of hypothermia

- Bright red, cold skin
- Very low energy
- Shivering
- Confusion (Not From Snow Day Makeup)
- Memory loss
- Slurred speech
- Exhaustion (Not From PSSA Prep)
- Drowsiness (Not From English Class)

Warning signs of frostbite

- White or grayish-yellow skin area.
- Skin that feels unusually firm or waxy.
- Numbness in affected area.

Victims are often unaware of frostbite until someone else notices it, because the frozen tissues are numb. All kidding aside, be careful out there!!

LIBRARY CORNER

31 January 2011 by Mrs. Davis

Congratulations to Charlene Gonzalez from Ms. Silver's English class, who won our school's "**Poetry Outloud!**" contest. She will be moving on to compete at the regional level this Saturday, February 5 at 10:00 a.m. at the Terra Building located at 211 S. Broad Street.

February 4th: Look in the IMC for visiting author L. Divine. She is the author of the Drama High Series. As a teacher in Los Angeles, California, Ms. Divine noticed a rapid decline of literacy among youth. Her motivation for writing for teenagers was to create material that would inspire them to read for pleasure. There are currently 14 volumes in the Drama High series. L. Divine has had excellent reviews in Publisher's weekly, Kirkus, Essence and Ebony magazines as well as several newspapers.

THE Jaguar Sporting News

Upcoming Sporting Events and News:**Boys Basketball (3:15pm Games)**

Tomorrow (Feb. 1st): Home vs Dobbins
Thursday (Feb. 3rd): Away vs West Philly

Girls Basketball (3:15pm Games)

Today (Jan. 31st): Home vs Esperanza
Friday (Feb. 4th): Away vs Mastbaum



**ARE YOU JOINING THE
UCITY STUDENTS GOING
TO SEE
GRAND HANK,
PHILADELPHIA'S
MOST ENTERTAINING
SCIENCE GUY?!?!?!?
Saturday, Feb.26**

Details:

- **Get WOWED By 90 Minutes of Science Fun!**
- **Families Invited!!!**
- **Trip Permission Forms Must Be Returned By February 18 (See Your Academy for a Form Today!!!)**
- **Students MUST be Ready to Board Buses by 9:10 AM. Late Arrivals Seated Based on Availability**
- **Buses Leave University City High School at 9:30 AM and Return at Noon**

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